

Claims

1. A food ingredient comprising soy grits and gluten wherein the ingredient is effective to make a food product having a structure substantially the same as a corresponding soy-free product made with wheat flour.
2. The food ingredient of claim 1 and further comprising soy flour to make a soy protein fraction wherein soy grits comprise up to 100% of the soy protein fraction.
3. The food ingredient of claim 1 wherein the soy grits are defatted.
4. The food ingredient of claim 2 wherein the ratio of weight percent gluten to soy flour is at least about 1:1.5
5. The food ingredient of claim 1 wherein the gluten is wheat gluten.
6. The food ingredient of claim 1 wherein the soy grits comprise isoflavones.
7. The food ingredient of claim 1 and further comprising a container for the gluten and soy grits wherein the gluten and soy grits are mixed together to form a dry mix in the container.
8. The food ingredient of claim 1 and further comprising a first container for storing the gluten and a second container for storing the soy flour.
9. A dry mix comprising the food ingredient of claim 1.
10. The dry mix of claim 8 and further comprising wheat flour.

11. The food ingredient of claim 1 and further comprising starch.

12. The food ingredient of claim 1 and further comprising L-cysteine.

5 13. A kit for making a baked good, comprising the dry mix of claim 8 and a container for baking the baked good.

14. The kit of claim 13 wherein the container has a shape of a hamburger bun or a hot dog bun.

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15. The kit of claim 13 wherein the baked good is selected from the group consisting of French bread, Italian bread, brioche, wheat bread, egg bread, pizza crust, baguettes, bagels, potato bread, variety bread, bread sticks, rolls, pie crust, tortillas, pita bread, flatbread, multigrain bread, calzones, pancakes and waffles.

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16. A dry mix comprising gluten, soy grits and soy flour

17. The dry mix of claim 16 and further comprising wheat flour.

20 18. The dry mix of claim 16 and further comprising starch.

19. The dry mix of claim 16 and further comprising L-cysteine.

20. A kit for making a food product, comprising:

25 A package enclosing gluten;

A package enclosing soy grits; and

Printed indicia providing instructions for blending the gluten and soy grits so that a ratio is about 1:1.5 weight percent gluten to soy grits is produced.

21. A baked leavened product with a substantially uniform air cell structure, comprising a soy protein comprising soy grits and added gluten in a concentration effective to make a baked leavened product having a structure substantially the same as a corresponding soy-free product made with wheat flour.

22. The baked leavened product of claim 21 wherein the gluten concentration is a ratio of about 1:1.5 weight percent gluten to soy grits.

23. The baked leavened product of claim 21 wherein the soy protein concentration further comprises soy flour.

24. The baked leavened product of claim 21 wherein the soy protein comprises at least about 10 percent of the product by weight.

25. The baked leavened product of claim 21 wherein the baked leavened product is selected for the group consisting of French bread, Italian bread, brioche, wheat bread, egg bread, potato bread, variety bread, buns, pizza crust, baguettes, multigrain bread, bread sticks, rolls, pancakes, waffles and bagels.

26. A method for increasing soy protein content in wheat bread without increasing water absorption, density or fragility of the bread, comprising:

Providing soy grits;

Providing gluten;

20 Preparing a dough comprising the soy grits and

Gluten, and wheat flour; and

Baking the dough to make wheat bread.

27. A baked unleavened product comprising soy protein comprising grits, and added gluten in a concentration effective to produce a structure in the baked unleavened product substantially the same as a corresponding soy-free product made with wheat flour.

28. The baked unleavened product of claim 27 wherein the soy protein further comprises soy flour.

29. The baked unleavened product of claim 28 and further comprising starch.

30. The baked unleavened product of claim 28 and further comprising starch.